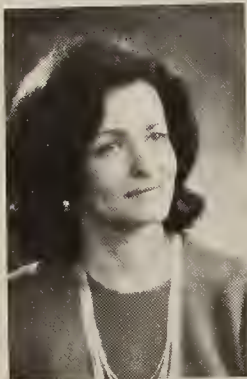


OTTAWA JEWISH BULLETIN & REVIEW

CICF Third Soiree

Hold Israeli Art Night
Monday, March 14, at JCC



Sara Vered

The Canada-Israel Cultural Foundation (National Capital Branch) is pleased to announce that the third soiree of the season will take place on Monday, March 14, in the Adult Lounge of the Jewish Community Centre at 8:15 p.m. Sara Vered will present a brief survey of Israeli art, emphasizing several different trends in its development. Her lecture will be illustrated by slides which were



Esther Peretz-Arad

obtained with the help of Tel Aviv University from a number of Israeli museums and art galleries.

All members of the Canada-Israel Cultural Foundation are cordially invited to attend. Membership may be obtained at the door or by sending a cheque for \$5 per person to Myrna Barwin, 26 Okanagan Drive, K2H 7G1. For further information, please call Evelyn Greenberg at 829-0797.

Kashruth for Pesach

An Open Letter to the Community

Dear Friends:

The Ottawa Vaad Hakashruth has once again made arrangements for the production of the following Kosher L'Pesach items in Ottawa under its endorsement

Milk - Passover milk will be bottled by Borden's Dairy, under the supervision of an appointed Mashgiach. This year there will be Skin, 2% and Homogenized milk available. Borden's will also supply Clark and Sealtest Dairies with their requirements. It will be available at retail outlets and from your milkman beginning Thursday, March 31. Tell your milkman what you will need. Please look for the special Passover label on each carton.

Soft Drinks - The following brands will be bottled under the supervision of an appointed Mashgiach:

PURE SPRING Ginger Ale - Large Size
PURE SPRING Soda Water - Large Size

Please look for the special Passover label on each bottle.

With respect to Passover products, the Ottawa Vaad Ha'ir recommends items carrying the following Kosher for Passover labels:

HK - under the supervision of the Montreal Vaad Ha'ir - Vaad Harabonim.

COR - under the supervision of the Rabbinical Vaad Hakashruth of the Canadian Jewish Congress, Central Region, Toronto.

U-O - under the supervision of the Union of Orthodox Jewish Congregations of America, New York.

Consult your Rabbi concerning the reliability of any other kashruth endorsement.

Many Israeli 'Kosher for Passover' products are available and I recommend their use. Always look for the Kosher for Passover marking.

Please make sure that the Matzoh you purchase bears the inscription "Kosher L'Pesach - Kosher for Passover Use".

SPECIAL NOTICE

Rideau Bakery will not be in production from Friday, April 1 until Tuesday, April 12. Fresh bread will be available on the morning of that date.

Best wishes to you and your family for a Happy and Kosher Pesach.

Sincerely yours,
Baruch Dina

Mr. Baruch Dina
Chairman,
Ottawa Vaad Hakashruth.

March 4, 1977.

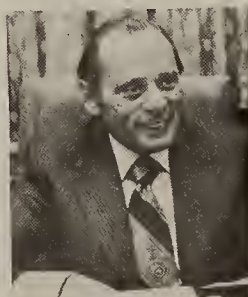
U.I.A. National President Granovsky Takes Podium for "Operation Update" March 23

The National President of the United Israel Appeal of Canada, Phil Granovsky, will explain the workings of the UIA and its needs at "Operation Update", a meeting of the Women's Division of the 1977 Ottawa United Jewish Appeal, March 23 at 10:00 a.m. in the social hall at the Community Centre.

Norma Rothman, Education Chairman of the Women's Division, will talk about the local requirements.

In addition, a colour, documentary film recently produced by the Keren Hayesod called The First Million will be screened. The First Million signifies the first million children in Israel since the formation of the State in 1948. The film focuses on the problems of the young and how they are being met. It deals with day care centres, with street gangs, the emotionally disturbed and the retarded.

"Operation Update" is a Women's Division educational program and is open to the community.



Phil Granovsky

The somewhat controversial Canadian UIA President, Mr. Granovsky, said recently that he had no objections to Jewish leaders meeting with PLO representatives, provided they speak for themselves and not for the organizations to which they belong. He said such talks might have the beneficial effect of breaking down the barrier of hatred dividing Arabs and Jews.

This view is contrary to the policy of the Conference of Presidents of Major American Jewish Organizations, representing 38 large Jewish groups in the United States, which opposes and deplores any meetings, official or unofficial, with the PLO.

In another Arab-related topic, Mr. Granovsky said he was in favour of the recent trips to the Arab world by established Jewish leaders. He said that he, himself, as Chairman of Atlantic Packaging Products, had been invited by representatives of the governments of Syria, Egypt, Lebanon and Kuwait. While commercial motivations may have inspired the invitations, Mr. Granovsky suspects that Arab officials wanted to sound him out on the Arab-Israeli situation.

Mr. Granovsky declined the invitations due to time problems and because he did not have the approval of the Jewish Agency, which has yet to form a policy on the matter.

Seek Delegates for 18th Plenary Assembly of Canadian Jewish Congress from May 12 - 15

The 18th Plenary Assembly of Canadian Jewish Congress will take place at the Queen Elizabeth Hotel in Montreal from May 12 to May 15, 1977.

The Plenary will be an extremely important event for Canadian Jewry since it will chart the directions Congress will take in the next three years.

Quebec Premier Rene Levesque is slated to make a major address to the Jewish community at the Plenary, as well as a senior federal official who will discuss federal government policy on the Arab boycott issue, and Canada's position at the United Nations.

The Quebec political climate, the evolving role of Congress, and federal government policy on issues relating to Israel are main topics of the conference, which promises to be one of the most significant of the 58-year old organization. The changing role of the organization at the local level, and Congress' national responsibilities will come under close scrutiny during the four day event. Workshops will also take place on such national topics as Jewish education, teacher-training, Soviet Jewry, small communities and research.

The Ottawa Jewish community has been allotted 25 delegates and

25 alternates. Delegates will be asked to become fully involved in the proceedings of the Convention including the election of new national officers. Alternates will also be able to participate actively in the sessions and on committees and to exercise voting privileges in the absence of delegates.

In order to make the Ottawa contingent as representative as possible, an invitation has been extended to heads of organizations and others in key communal posts. There is also room for delegates at large from the community and anyone who is interested is asked to telephone Hy Hochberg at 232-7306.

Renowned Israeli Writer in Ottawa as CZF Scholar-in-Residence, 23-27 March

Professor Matti Megged is coming to Ottawa as part of the Scholar-in-Residence Program of the Canadian Zionist Federation. Professor Megged will be speaking at the various synagogues, to the youth, and at the Jewish Community Centre Sunday, March 27. Professor Megged has lived in

Israel since the age of 3. He participated in the Independence War and was a member of the Palmach. He is a known expert in Jewish Mysticism and Philosophy and was Dean of the Faculty of Humanities at the University of Haifa. He has published in many magazines and periodicals, and has to his credit

eight major books ranging from novels to literary critiques of other writers.

Professor Megged is well-known in Israel for his dynamic personality and excellent qualities as a speaker. The Jewish Community of Ottawa will certainly benefit from his visit.

Vaad Report

by David Loeb

President, Ottawa Vaad Ha'ir
(Jewish Community Council)



The Concept of the Community

From time to time I am faced with a situation which I find difficult to understand. It is the "we" and "they" syndrome which comes to light every now and again.

Perhaps because I am so involved and have been for many years, my perspective is slightly different. Perhaps I am so busy listening to the endless reports of committees, agencies, institutions and organizations that I don't stop to realize that some are conspicuous by their absence, by their lack of participation; for everyone has a role to play in shaping the destiny of this community.

I am privileged to have been involved at different levels of the "total Jewish community" and have seen the changes and improvements that have taken place. These only came about because people cared sufficiently to probe and push and cajole and to inform those who had the power to make the changes to do so. What I have witnessed over the years only confirms that we are a unique, forward-looking community that can and has changed with the times. We continue to do so as we grow in size, make-up and the desire for more and better Jewish services. We must, however, always remain alert to the changing scene in order to be ready to cope with new situations as they arise.

For that reason, I was particularly pleased with the reports these past two years from the Women's Committee who have made a study of Jewish communities of the past. They then compared this with our present structure, with an eye to the future. This whole educational process was based on "the concept of community" and how they, as women, could best fit into that structure for the common good of all. The women did not ask "What can the Jewish community do for us?" but "What can we do for the Jewish community?" You can see the results for yourself in their increased visibility at all levels of decision-making.

There is a wealth of knowledge and creativity amongst our people and sex should be no barrier. By the same token, organizational affiliation or lack of it should not present any barriers either. Every adult (18 years and over) in this community who has made a commitment to the United Jewish Appeal is a member with voice and vote. We urge each one to accept this privilege as a responsibility to himself and his fellow Jews, by being an informed, involved and vital member of the Jewish community.

Webster's Dictionary defines community as a body of people living in the same place and under the same laws. This rather sterile definition leaves out the important facts such as emotional, physical and social needs and the onus upon each member of the community to make sure these needs are fulfilled.

- It means that even if you have no children of school age, you are prepared to support Jewish education;
- It means that even if you do not have aging parents, you are prepared to help make the lot of the Jewish senior citizen more comfortable;
- It means that even if you do not adhere to all the Jewish traditions in your own home you understand the importance of assuring the ongoing existence of synagogues, a mikveh, a Jewish cemetery, a Jewish burial society, and communal kitchens properly equipped for the observance of kashruth;
- It means that even if there is not a university student in your family or you, personally, do not receive benefits from the programs we support at this level of learning, you understand the importance of a Jewish and/or Israeli presence on the campus;
- It means that even if you have never come to the community for anything, you understand that Russian immigrants need a helping hand in the early stages of integration and you are prepared to help when possible;
- It means that even if your children are not campers, you are prepared to help make a Jewish camping experience available to Ottawa youngsters;
- It means that even if you don't participate in any community recreational, educational or cultural activities, you are prepared to help assure that they are available for those who require them;
- It means that even though we don't react individually to each Jewish crisis, we are prepared to provide the means for such bodies as a Community Relations Committee, a Canada-Israel Committee, a Soviet Jewry Committee and a Canadian Jewish Congress to act on our behalf;
- It means that co-operation is a two-way street. There are no "we's" and "they's" only We as in "We Are One." We need the strength and friendship of each other;
- It means that each Jew is responsible one for the other, that we are indeed Our Brother's Keeper;
- It means that the lines of communication must be kept open at all times. Read the materials at your disposal. Listen to the many excellent speakers available to us. Come to our open meetings to see for yourself what makes Ottawa run.

If there is something which needs clarification or embellishment, you have only to ask. It would be our greatest pleasure to be deluged with requests for additional information or offers of help. We have no way of knowing how you feel or what you are thinking unless you take the initiative to help make this community of ours "the place to be" — a community which reflects the time and effort of countless people who really care.

You are cordially invited

to

"UPDATE '77"

A U.J.A. Women's Division
Educational Program

on

Wednesday,

March 23, 1977

featuring

- Phil Granovsky, National Chairman, U.I.A.
- Norma Rothman, Ottawa Women's Division Education Chairman
- "The First Million", a stirring film on Israel's children

Join Us and Reaffirm that We are One

Social Hall, 151 Chapel St.
Program: 9:30 a.m.
Coffee will be served.

R.S.V.P. to 232-7306
before March 21



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Passover Grocery Products, including our
own exclusive Take-out Passover Foods:

Sweet and Sour Meatballs	Potato Kugel
Passover Noodle Kugel	Roast Beef
Roast Turkey	Chopped Liver
Tzimes	Kishka and
Cabbage Rolls	our very own
Farfel Kugel	Homemade
Roast Chicken	Horseradish

SPECIAL!

CLUB ROAST \$1.99 lb.

Starting March 18 - until Passover closing

Get your complete Passover grocery order here.

Please note: United Kosher Meat and Deli will be closed for the Passover holidays from Friday, April 1 until Sunday, April 10. Re-opening Monday, April 11. Our last delivery will be Thursday, March 31. Please order accordingly so as not to be left short.

Have a kosher and happy Pesach

UNITED KOSHER MEAT & DELI

378 Richmond Road

Telephone 722-6556

Joe Lichtenstein and Benjy Zbar at Your Service

News Briefs from the World's Jewish Press

Tel Aviv: Yitzhak Rabin, Prime Minister of Israel has retained the leadership of the Labour Party, defeating Defense Minister Shimon Peres by a slim 41 vote majority. Observers accredit Rabin's victory to the growing momentum for renewal of Israel-Arab peace talks some time after the May 17 election, an issue in which Rabin has been deeply involved during his tenure as Premier. Informed sources state that the narrow victory will be cause for attacks from opposition parties in the May elections, who are expected to argue that Rabin is not accepted by a large segment of his own party.

Toronto: Genya Intrator, vice-president of the Canadian Committee for Soviet Jewry placed a call to three Soviet Jewish activists in Moscow last week, but the conversation was abruptly terminated when all three were apparently arrested. Vladimir Prestin, Pavel Abramovitch and Victor Yelistratov were amongst 60 refusniks who had participated in a sit-in earlier that week, demanding reasons for the refusal of permission to emigrate; as Mrs. Intrator was talking to them several men burst into the apartment and ordered all three to go with them. Refusniks across the Soviet Union have been staging demonstrations at their local OVIR offices to obtain explanations about the continued exit permit refusals.

Washington: The Senate Banking Sub-committee, which is considering the new proposals before it for legislation against Arab boycott measures, received added incentive from President Jimmy Carter who has urged the implementation of federal legislation to combat Arab boycott methods that are directed against American citizens. The President stressed the need for uniform anti-boycott federal laws, since the current six states which have individual anti-boycott legislation each differs in the effectiveness and strength of that legislation.

Professor Irwin Cotler of Montreal presented the sub-committee with a 123 page report of the Commission on Economic Coercion and Discrimination of which Professor Cotler is the Chairman, calling for an international "protective shield" for business and industry, putting all on an equal competitive basis with equal protection of the laws, not only within Canada, or the U.S. That would put all countries and all business in those countries a similar protective shield. In the absence of such laws in Canada, Canadian firms that comply with the boycott enjoy unfair competitive advantage over those that refuse.

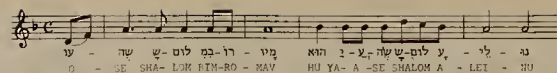
Jerusalem: For the first time in Israeli-Jordanian history, Jordan has opened her border and admitted 31 prominent Israeli Arabs who had an audience with King Hussein in Amman. Until now, Jordan has only admitted West Bank and Gaza Strip Arabs while refusing any with Israeli citizenship. Kadi (religious court judge) Mohammed Hubeishi told reporters at the Allenby Bridge that he hoped the visit signified an important change in Israeli-Jordanian relations and that the border would open to allow more such visits in the future. The liberalized policy in Amman is seen as an important step, by Israeli observers, in the possibility that Israel Arabs will soon be allowed to make the religious pilgrimage to Mecca via the Jordan River bridges.

Washington: For the second time since he became President, Jose Lopez Portillo of Mexico has met with representatives of the American Jewish community, in the U.S. 14 American Jewish leaders emerged from the one-hour meeting with President Portillo describing their talks as "most cordial". Praising Mexico's recent votes at the United Nations, the Americans stated that the strains between Mexico and the U.S. had been considerably relieved and American Jewish Congress member Joel H. Levy assured the President that Congress tours to that country had been reinstated.

Montreal: Premier Rene Levesque met with representatives of Canadian Jewish Congress recently to assure Quebec Jews that his program to enhance the French outlook of the province will not harm "the natural rights of people". Quebec Jews have voiced concern that a French and separate Quebec would have adverse economic and political effects on the Jewish community. But the Parti Quebecois leader told the CJC delegation that he recognized that "Jews belong to a different universal faith and have a unique and natural attachment to the State of Israel". Premier Levesque affirmed that the aim of his party was not similar to the pogrom mentality that forced people to leave Europe, but that he anticipated change coming about while respecting the rights of all people. If they speak French, he stated, they will be considered Francophone, regardless of ethnic composition.

Paris: As a result of the Daoud incident, Israeli and French officials have been meeting here to finalize talks on the practical application of the extradition agreement that exists between the two nations. Israeli sources described the talks and the conclusion reached as "satisfactory". No official on either side would comment on the contents of this revised document.

Capital Rideau IGA Foodliner,
245 Rideau Street,
will be carrying Passover Foods
for the 1977 Season.



March is Jewish Music Month!

The Jewish Community Centre

151 Chapel Street

presents

A Concert of Jewish-Israeli Music

Sunday, March 20 at 8:00 p.m.



Chelav U'd'vash



The Chassidic Group



Merida Sachs
Sandy Horowitz

Come and Enjoy Songs in Hebrew, Yiddish, English

Tickets are \$1.00 for Adults

50c for Students and Senior Citizens

For Tickets and Information contact Larry Harris at 232-7306

\$1½ Billion Repaid Since First Bond Drive

In 1954 a group of distinguished community leaders launched the first Israel Bond Drive in Ottawa. The leaders of this Drive, some of whom, pictured above, at the initial Bond meeting, continue 23 years later, to demonstrate their dedication to the development of Israel's economy both through purchases and involvement in the annual Israel Bond Campaign.

When the first Bonds were sold in Ottawa back in 1954 many purchasers thought of Bonds as an additional means of contributing to Israel. Few expected that at maturity, 10 years later, they would receive the return of their investment let alone accumulated interest as well. Since the first redemptions in 1964 Israel Bonds have continued to mature each year and to be paid in full. In fact, since the inception of the Bond drive more than \$1½ billion has been repaid to holders of matured Bonds.

This year more than \$50 million in Israel Bonds will become due. Not everyone has held their Israel Bonds until maturity. Many Bondholders have travelled to Israel or sent their children on visits and have cashed their Bonds in Israel and used the monies to help defray their tourist expenses. Others have donated their Bonds to worthy Israeli institutions or have used their Bonds for investment in businesses or industry in Israel.

But many continue to hold their Bonds until maturity; some even hold their Bonds beyond maturity, in the mistaken belief that Israel will continue to benefit. The fact is that Israel has already deposited with its fiscal agent in New York (the Chase Manhattan Bank) a sum sufficient to redeem all Bonds that will mature during a given year. Failure to redeem a Bond, therefore, does not help Israel but only permits the fiscal agent to have the use of the funds already deposited by Israel. Furthermore, all interest ceases upon maturity, so that a matured Bond in a drawer at home or in a safety deposit box helps neither Israel nor the Bondholder.

Maturing Bonds need not be the end of an investment in Israel's

Officers of Ottawa Committee for Israel Development Bonds



Seen above are the Officers of the Israel Development Bond Drive in Ottawa. FRONT ROW, Left to Right:—A. H. Lief, Q.C.—Hon. Vice-Chairman; Samuel Berger, Q.C.—Chairman; Lawrence Freiman—Hon. Chairman; Alex. Betcherman—Vice-Chairman. BACK ROW, Left to Right:—David Zelikovitz—Committee Member; Solomon Zelikovitz—Vice-Chairman; B. I. Loeb—Vice-Chairman; Irving Rivers—Committee Member; L. S. Greenberg—Committee Member. Officers not shown—Mr. Freedman—Hon. Treasurer; and Mrs. Joseph Greenblatt—Chairman, Women's Division.

BONDS FOR ISRAEL — OTTAWA 1954 Executive Committee

Lawrence Freiman	Honorary Chairman
A. H. Lief, Q.C.	Honorary Vice-Chairman
Samuel Berger, Q.C.	Chairman
B. I. Loeb	Vice-Chairmen
Alex. Betcherman	
Solomon Zelikovitz	
M. R. Freedman	Honorary Treasurer
Mrs. Joseph Greenblatt	Chairman, Women's Division

COMMITTEE

A. L. Achbar	Lazarus S. Greenberg
Morris Berlin	J. C. Horwitz, Q.C.
Hyman Bessin	Leon Petegorsky
Rabbi Samuel M. Burstein	Irving Rivers
Edward Cohen	H. Shaffer
Morris Cohen	H. Shinder
Myer N. Drazin	Lawrence Slover
Rabbi Simon L. Eckstein	M. Zagerman
David Epstein	David Zelikovitz
Joe Feller	Nathan Zelikovitz
Hyman Gould	

economy. The proceeds can immediately be reinvested and the funds again used to help build Israel. The procedure is simple enough — examine your Bonds — take out all those Bonds which will mature in 1977 and those that have already matured. Bring or send these Bonds to the Israel Bond Office, 168 Charlotte Street, Suite 504, Ottawa, Ontario, K1N 8K6. We

will transmit these Bonds to the Chase Manhattan Bank and receive a cheque to your order for the full face value of the Bond plus accumulated interest. The cheque can be used to make a purchase of a new Bond or, if you prefer, will be returned to you. However you choose to use the proceeds make certain to redeem your matured Bonds.

Jack Smith Kosher Catering

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HOMEMADE CHICKEN SOUP

MEAT BALLS
POTATO KUGEL
FARFEL KUGEL
TZIMMIS
KISHKE
FRUIT SALAD
GEFILTE FISH
MATZAH BALLS
HOMEMADE HORSERADISH

*May we take this opportunity to wish you
and yours a Happy and Kosher Pesach.*

Jack and Moishe Smith.

We Cater at: Machzikei Hadas, Beth Shalom, Young Israel, Temple Israel

Zivia Lubetkin — Ghetto Heroine

This year, the Ottawa Holocaust Memorial Observance will take place on Sunday, April 17, at Young Israel of Ottawa, 627 Kirkwood Avenue.

This is the first of a two-part article on Zivia Lubetkin, a legendary woman member of the Jewish Fighters Organization, which organized and carried out the Warsaw Ghetto Uprising.

by Marie Syrkin (published in Ms. magazine)

In the ghettos of Nazi-occupied Europe, women did more than just survive and make soup out of stones. One of these fighters was Zivia Lubetkin, a legendary figure in the annals of the ghetto, and one of the few leaders of the Resistance to survive the Warsaw ghetto's last stand.

At the outbreak of World War II, Zivia was living in the comparative safety of Russian-occupied Poland. A slight, sensitive young woman in her twenties, she made her way to the Warsaw ghetto to share her people's agony.

Many of the Jews within the ghetto walls still refused to believe in an even more terrifying reality: the extermination program that awaited them outside. Nothing in human experience had prepared them for irrational evil on so monumental a scale.

The Germans used all the propaganda devices at their disposal to lull their captives into a belief that the trains would take them for "resettlement" in the East, or to labour camps.

Some were not deceived. In 1942, young men and women who belonged to various ideological movements — Zionist, Socialist —

united to form the Jewish Fighters Organization. Its "general staff" of five consisted of four men and one woman — Zivia Lubetkin. They had no military training, arms, or funds, nor were they in the midst of a sympathetic population whose help they could enlist. Their sole resource was the starving ghetto where their constituents were perishing daily. But they had a resistance program and a slogan: "To live with honour and to die with honour."

In various interviews after the Nazi defeat, Zivia described the twofold nature of her activity, though characteristically, she never said "I". "Actual resistance began with the revolt of the ghetto," she explained, "but our work began much earlier with our rebellion against the German policy of demoralizing the Jews before they exterminated them physically. The Germans wanted to relish our spiritual disintegration as well as our destruction." She determined to oppose the "spiritual Treblinka" — the prelude to the "physical Treblinka."

The education process required the establishment of a network of information between the separate, isolated ghettos, so that Jews entombed in Warsaw, Vilna, or Będzin might learn about their own fate through news from other ghettos. In this way, the pieces of the Nazi puzzle would fit into place — and the unspeakable could be spoken, believed. Furthermore, arms had to be secured on the "Aryan side" and smuggled into the ghetto.

Zivia Lubetkin volunteered repeatedly for perilous forays into Nazi-occupied Poland.

Discarding the yellow star, the badge Jews were compelled to wear, she travelled by train and by wagon — always with the

knowledge that she might be discovered by the Germans or betrayed by a suspicious Polish fellow passenger.

Using whatever means was necessary, Zivia Lubetkin evaded capture and brought her grim tidings to the unbelieving Warsaw Jews. She persuaded them that "resettlement" was the Nazi euphemism for murder — and that violent resistance was the only hope for survival. By this time, every ghetto had cells of the Jewish Fighters Organization. Information was exchanged and plans for revolt formulated. Essential to the process was the psychological campaign to inspire a sense of human worth and of Jewish dignity, despite the dehumanizing conditions of ghetto life.

With passionate intensity, Zivia assumed this task. She organized groups capable of physical resistance and held up the vision of Palestine, the homeland that would redeem her martyred people. She was sustained by this faith. Though her assignment was to dispel, not feed, illusion, she became a legend herself. In the Warsaw ghetto, she was known as "the mother" — a young woman whose maternity was not biological but whose strength gave comfort to those twice and three times her age.

Zivia's central role in preparing for ghetto resistance made her name a code word for "Poland." In her correspondence of the Jewish underground, when a postcard signed "Zivia" finally reached a secret Haganah (Jewish Palestine's defense force) group in Istanbul, there was a sense of triumph. It meant that — after months of trying to establish contact with the Jews entombed in the ghettos — Poland, the chief site of the death camps, had been reached.

Canada-Israel Committee

Embarks on Several Projects

An executive meeting of the Ottawa Region of the Canada-Israel Committee, was held recently at the Jewish Community Centre. Chairman Hy Soloway indicated, in his welcome, that the Committee has been revitalized and is preparing to embark on several projects.

The Interfaith Sub-Committee, presided over by Goldie Rivers, has already held numerous meetings with "Fundamentalist" ministers and this group is now preparing to meet with clergymen of other denominations.

The Peer Group Sub-Committee, under Dr. Saul Silverman, was represented by Ralph Starr. The work of this group was outlined, particularly the liaison established

with the Labour-Israel Fellowship and the Co-operative Movement in Quebec (Outaouais).

Ed Gavsie, Chairman of the Jewish Community Committee, indicated that his people had been active in the area of contacting Jewish organizations in the city and in planning a full day's seminar. A tentative date of April 24 was chosen. The Research and Resource Committee, chaired by Professor Eugene Rothman, has also been busy conducting surveys, assembling material and assisting other sub-committees.

Anyone who is interested in working with the Canada-Israel Committee, Ottawa Region, is asked to contact Sandra Pickar at 232-7306.

Please Note:

Beth Shalom's
New Telephone
Number
232-3501

If you are between the ages of 21 - 30 and are a Soviet Jewry activist who would like to spend two weeks in the U.S.S.R. — All expenses paid — contact Larry Harris at 232-7306.



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| • Billings Bridge Plaza | 731-4920 | • 140 Rideau St. | 237-5917 |
| • Blossom Park Plaza | 737-0264 | • 770 St. Joseph Blvd., Hull | 777-4353 |

Jewish Community Centre Spotlights



Reflections

by
Jerry Melman

Executive Director, JCC

Let's Grow Old Together

As our century moves towards the year 2000, several trends seem to be emerging world wide, which will shape and influence life on our planet.

One significant trend is the arrival of zero population growth and another trend is the awareness that the world resources are not only finite, but they are capable of being destroyed by mankind.

If the world's population is not growing in number, then one is to assume that its composition is changing radically, and soon an era dominated by the dynamics of the youth cult might be replaced by elderly population.

The Jewish elderly are not generally visible in the Jewish community in roles which focus attention on them. Our boards, committees and suburban life-styles tend to cluster and attract affluent, middle income, middle aged people whose futures stretch ahead and whose concerns are the here and now.

Our community serves the elderly through a home for the elderly and some social groupings, but these services are only a "drop in the bucket" when compared to the growing number of Jewish elderly not served by the organized group.

If the future direction of the Jewish community is to be intertwined with the aging process, we should acquire a deeper understanding of the aging phenomena so we can reorganize and shape the community's agenda to meet these new needs.

Youth Corner

by Michael Wolfe

Youth Services Co-ordinator



As Director of Youth Activities I am often called upon to give advice on choosing a resident summer camp for children and teens. There are many camps in Quebec and Ontario that offer a variety of programs. I am familiar with some of these camps but not with the majority available. Instead of recommending a specific camp I would like to provide you with a framework to evaluate and choose the proper camp for your children.

Ideally you should visit a camp you're seriously considering so that you can see it in action. If that's not possible, you'll have to rely on the information you receive from administrators and make an off-season inspection of the facilities.

People who are familiar with the camp can be helpful, too. Ask for a list of families who have used the camp and ask them their opinions. Get their children's opinions about the way the camp is run and the personnel.

There are various accreditation associations that can be used as a resource. The Ontario Camping Association and the Quebec Camping Association. Do not take these accreditation associations as the ultimate in setting standards.

The following are the standards which I personally feel are important;

- The director should be at least 25 years old and a college graduate with a minimum of three years of experience in camping or a related field and at least two summers of past administrative work.

- Most of the counsellors should be at least 18 or have completed first year college. The counsellor-to-camper ratio should be at least 1 staff for every 8 campers.

- Ask the director how the staff is selected and trained. Everyone hired should have had a personal interview and attended a pre-camp orientation program. A good camp has a written policy prohibiting tips to the staff.

- Every camp should require a recent physical exam and medical history from each camper. It must have comprehensive accident and liability insurance and should inform you about the situations which are not covered.

- Look for an infirmary or first-aid station that is well lighted all night. Find out whether a registered nurse or doctor will be on hand.

- Be sure swimming, boating, water skiing and other water-front activities are supervised by a qualified person who is over 21 and holds the proper certificates required in the perspective areas.

It is impossible to cover every standard and concern. The best advice I can offer is to take as much time and effort in choosing a camp; a bad experience can make it very difficult for a child to want to return to camp in the future.

Ottawa Jewish Single Parents Calendar for March

Sunday, March 13 — Family Day
— Cross-country skiing at Cedarhill Golf Club, Cedarview Road at 1:00 p.m.

Wednesday, March 16 — Glen Kealey, lawyer specializing in matrimonial and family law will speak on these subjects at the J.C.C. at 8:00 p.m.

We are attempting to arrange for a table at a synagogue seder or for our own seder if enough families are interested. Please call Myrna Levine — 225-2197 if you would like to be included in a seder.

Renowned Israeli Writer

Matti Megged

International Authority on
Jewish Mysticism
and Philosophy

AT
the J.C.C.

Sunday
March 27

Choir

The JCC Choir has reformed with a new repertoire under the baton of Bertha Gurofsky.

Now is your chance to learn some songs and have an enjoyable evening.

The Choir meets every Monday at 8:00 p.m. at the JCC. Come out and sing with us!

J.C.C. Day Camp Job Openings

Male and
Female

Senior
Counsellors

must have completed
Grade 12

Junior
Counsellors

must have completed
Grade 9

Sports Camp
Counsellors

Phys. Ed. or Recreation
major University Student

The job is for seven weeks starting July 4, with one week of pre-camp orientation beginning June 27.
Hours are from 9:00 a.m. - 5:00 p.m. Monday through Friday.

GOOD SALARIES
Applications are available at the switchboard and through the Youth Department office.
For more information call Mike Wolfe, Camp Director at 232-7306

Ottawa Jewish Single Parents Club

"Lookin' Fine"

by Mac Lipson

With the increase of broken marriages, calls came into the Jewish Community Centre: "Why don't you have something for single parents?" It seemed clear in time that non-Jewish single parents groups could not completely fill the needs of many people raised in a deeply different culture and faith. Thus, "Ottawa Jewish Single Parents" was born.

These "parents without partners" were either bored, lonely, or seeking active outlets peculiar to their needs and wanted more Jewish-oriented activities. In the break-up of marriage, they had lost other married friends and had problems that needed answering. A parent suddenly left without a partner faces all sorts of new problems. First, he or she cannot get around as much. People "stop calling." Numerous situations resolved by the missing partner suddenly descend upon the custodial partner and need to be solved. Then, there is loneliness and the need for both male and female companionship. Isolation and despair often set in.

Myrna Levine, group President, says that through special speakers, theatre nights, Jewish-Israeli films, bowling, skating parties for the children, sleigh rides, games nights, inter-city visits with Toronto and Buffalo singles clubs, (one is being planned now) and general discussion of members' problems, a real need is being filled. Some people go to social functions alone. Others bring partners who do not necessarily have to be single parents themselves.

Speakers are sought who pinpoint problems. An income tax specialist told a large-turnout recently how to save money and resolve tax problems as single parents. A lawyer is to speak soon on problems of law before and after separation governing children, property, etc.

A lot of men think Jewish Single Parents is for women only. It is for anyone who has lost a partner, whether through separation, divorce, or death.

Annual membership is \$5.00. Other costs are minimal. Total membership at the moment is 60. The group meets at various places from the Community Centre and the Montefiore Club to the Sun Dance Ranch and a night spot in the Lord Elgin Hotel.

Jewish religious festivals that normally call for family gatherings and the presence of a partner are potentially lonely affairs and special tables are often set up at communal siders and Purim Dances, etc. A surprising number of Jewish people have no family in Ottawa and are too far from home to easily get there on festive occasions.

Most members make new friends, a big step by itself after a marriage break-up. Some start dating again who shied away from the potential problems of inter-dating and inter-marriage.

"Having a Jewish group ensures that rabbis and Jewish social workers could have clear access to problems with distinctive Jewish overtones," said Mrs. Levine. "As for dating, what members do with their personal time, is their business. We're here to offer them mutual support and outlets for their time. Members range from the lonely to well-adjusted."

At first, many men are reluctant to come out, fearful of admitting that they may want Jewish company, or even anyone of the opposite sex. Men, being more mobile, may feel they're above such groups. Some male members are raising children by themselves.

The group stages an average of two to four events a month. Further information is available from: Myrna Levine, President - 225-2197; Reuben Lightstone, Treasurer, 729-1359; Joyce Goldstein, Publicity - 829-6632; Mac Lipson, Promotion Publicity Assistant - 225-4656; Adrienne Powell, Programming - 224-0608.



Some of the members of the JCC 13th Brownie Troop being sworn in this year. Brownies meet weekly at Agudath Israel under the direction of Judy Lieff. If you are between the ages of 7 and 10, and are free on Mondays from 4:00 - 5:00 p.m., call the Youth Department at 232-7306.

Pesach Preparations Guide

This year we shall once again experience the anomaly of Erev Pesach (the day before Passover) begin Shabat. Because such an observance is relatively rare, the special preparations attendant to this situation are usually and understandably forgotten with the passage of time. Curiosity and anxiety are thus naturally aroused in anticipation of the difficulties in preparing for this year's Pesach.

Printed below is an excerpt from the Passover Compendium compiled by Mackzikei Hadas. Copies of this compendium may be obtained, free of charge, by phoning 521-9700.

Consult your synagogue for further information.

Bedikas Chometz — Search for Chometz

Bedikas Chometz, normally conducted the night before Pesach with a candle light, can of course not be done on Friday night. It is therefore performed the night before, Thursday evening, March 31, after nightfall (7:11 p.m.).

The search for Chometz is not a perfunctory exercise, rather involves an honest effort to discover chometz in any form (crumbs, particles, pieces, etc.) that may have been overlooked in the course of reading the house for Pesach.

The physical purging of Chometz, prone as it is to the possibility something may have been overlooked, is followed with a mental disavowal of all Chometz that might be found. The disavowal

formula, in translated form, is as follows:

"ALL LEAVENED PRODUCTS AND LEAVENING IN MY POSSESSION WHICH I HAVE NOT SEEN AND HAVE NOT REMOVED, AND DO NOT KNOW OF, SHALL BE RENDERED NULL AND CONSIDERED WORTHLESS AS THE DUST OF THE EARTH."

Bi'Ur Chometz — Burning of Chometz

Of course, it is halakhically impossible to burn the Chometz on the normally appropriate time, the day before Pesach, as it is Shabbat. Burning of the Chometz is pushed back to Friday, April 1, and the burning is to be completed, as usual, by the end of the fifth hour of the day (11:03 a.m.).

Since, however, use will still be made of various forms of bread, the Bittul (Disavowal) formula usually recited at the burning is left for Shabbat morning.

M'Chirat Chomez (Sale of Chometz)

The legitimate sale of all Chometz that cannot be disposed of more radically will have an advanced deadline of Friday, April 1. As with burning, no such sale can be effected on Shabbat. Those who would delegate power of attorney to a Rabbi for this purpose should do so before 9:00 a.m., Friday, April 1.



The boys in this photograph belonged to Ottawa's Jewish Cub group, the 29th Wolf Cub Pack. They are standing on the steps of the George Street Talmud Torah after one of their weekly Sunday afternoon meetings. From left to right, they are: Front Row: Eddie Kardlsb, Norman Tenenbaum, Harold Zellkovitz, Abe Tenenbaum, Buddy Pollack, Louis Gaz, Max Larventz; Second Row: Gerry Stelberg, Syd Greenberg, Norman Beiles, Sol Shinder (?), Arnold Gosewlich, Lou Honigman; Back row: Irving Dain, Mark Zunder, Herman Halpern, Abe Murray, Percy Brill, Joe Silver, Morris Weltman, Seymour Eisenberg, Avrum Drazin, Ronald Bodnoff. Identified by Mark Zunder. Courtesy Ottawa Jewish Historical Society.

Six Week N.C.J.W. Leadership Training Course has Limited Openings Available

The Leadership Training Course offered by the National Council of Jewish Women, Ottawa Section, and, Algonquin College still has a few places available.

This course is designed to prepare women to assume leadership roles in the community — not just in women's organizations but on the various Boards of the community such as the Va'ad Ha'Tr, the J.C.C. Board, the Talmud Torah Board, Boards

of the various synagogues, etc., with a study of the actual constitutions of these Boards as the culmination of the course. Women are greatly under-represented on these Boards, not because of resistance on the part of the men of the community, but because they are not prepared to come forward and accept the responsibility of a partnership in the decision-making of their community.

This course is a direct follow-up

to the recommendations of Dr. Maureen Molot following the "Decision Making" workshop at the seminar "Ottawa Looks at Itself".

Registration, by March 15, applicants, but if there is enough interest we will run two courses — one at night and one during the day. This six week course will begin the week of March 21. To register call Roz Kannigsburg — 820-1470.

ORT Students Interviewed

On Tuesday, March 15, "Shalom Ottawa" Cable Channel 12 (East End) will televise an interview with Max Levy, Executive Director, Canadian ORT and two ORT students, recently in Ottawa, as part of a North American tour. Naphtali Titane from Morocco and Rosalie Melamed from Iran will talk about the training they've received through ORT schools.

The program will be re-broadcast in both ends of town on Sunday, March 20.

Rabbi Bulka Interviews Dr. Pollack

On Sunday, March 27, the CJOH-TV program "Quest" features Rabbi Reuven P. Bulka, Rabbi of Machzikei Hadas Congregation interviewing Dr. Piney Pollack, a well-known Ottawa cardiologist. Broadcast time: 1:30 p.m.

Do you have any family photographs, scrapbooks, organizational minutes, Yiddish or Hebrew letters or manuscripts?

THE OTTAWA JEWISH HISTORICAL SOCIETY will collect historical material. Please contact Shirley Berman at 232-7306.

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The Ottawa Jewish Bulletin and Review is published by the Ottawa Vaad Ha'Tr (Jewish Community Council of Ottawa), 151 Chapel Street, Ottawa, Canada K1N 7Y2. Norman Zagerman, Immediate Past-President; David Loeb, President; Gilbert Greenberg, Dr. Baruch Dina, Vice-Presidents; Zeev Vered, Treasurer; Sol B. Shinder, Honorary Secretary; Hy Hochberg, Executive Vice-President; Gaye Applebaum, Bulletin Editor.

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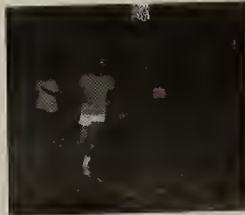


Jewish Community Centre Spotlights

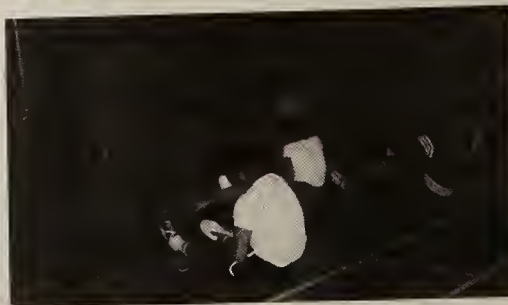
Co-Ed Health Club Eve Prompts Another



Doris Bronstein and Barry Davis off and running.



Haven't we gone a mile yet?



All those out-of-shape muscles get a good workout.

This was a novel idea to bring unity to the Health Club membership and to introduce members and friends to staff and facilities.

The night was a tremendous success. There were over sixty people in attendance. The evening started off with a fitness class given by Ron Boro. Everybody participated and seemed to enjoy

themselves. After the class, there were volleyball and raquetball games, in which everyone participated. The evening ended with food being served.

The hosts for the evening the Melmans and the Bronsteins were very pleased with the turnout. We are hoping to have one more with a different format.



Men enjoying the Last Friday of the Month Health Club lunch.



Varsity Basketball Team that ended the season in 3rd place in the league.

Sons Beat Fathers 11:10

The sons challenged the fathers to a floor hockey game. The sons were made up of boys from both senior and junior leagues.

The game itself was a hotly contested match with the sons wearing the fathers down. The final score was 11:10 for the sons. The Mayor, Lorry Greenberg scored the first goal, but, from then on, the fathers seem to run out of gas. Howie Osterer refereed the game, and this helped the fathers. Some of the other goal scorers for the fathers were Irving Gencher, Sol Shabinsky, Leon Bronstein, Larry Harris and Lou Honigman. The goal scorers for the sons were Mark Honigman, Howie Burack, Allen Bronstein, Mark Shabinsky, Mike Landau, Steve Lesh, and Jerry Eichler.

Some of the other fathers who attended were Sol Shinder, Norm Lesh, H Harvey Smith and Ken Mirsky.

There were 17 fathers and 27 kids, who participated. Some mothers came out to cheer, but couldn't decide who their favourites were.

Everyone was treated to a supper after the game. A good time was had by all.

**Join the
Health Club!
Bring a
friend.**



Peanut Basketball League getting some tips.



Kidnastics Program in Action. Eva Tyi helping one of the children.

The Phys Ed Box

by Ron Boro
Director Phys. Ed.
Department



Hints on Marathoning

The marathon season is fast approaching. I would like to present some hints on training for this event.

No one plunges into a marathon without a lot of thought and preparation. No one does it successfully, anyway. In the beginning the marathon is a free floating idea: "Hey, wouldn't it be something if I ran one of those things! How far did you say it was, again?" Then you set a goal, the goal blossoms to a plan and the plan matures to racing fitness.

At first goals are low and vague. The beginner says, "I just want to finish." Then he or she sets sights on Boston.

Two of the reasons people run this distance are:

1. To find their own limits and, perhaps, extend them;
2. To see how they compare with others who have the same limits.

Here I would like to help runners to measure their limits realistically and to maximize their chances of running personal races. Marathoners lose when one or more of these things happen:

1. They aim too high to handle their inherent limit of age, sex or background;
2. They train too little to handle mileage of the race;
3. They train too fast and aren't able to extend their mileage to an adequate level;
4. They increase their training mileage too quickly and get hurt.

Nowhere else in running is racing return so closely linked to training investment as in marathon. The difference between finishing and not finishing or between three and four hours is the mileage you have put in prior to the race.

We are concerned with the maximum mileages — the lowest total needed to get through 26 miles of running (as apposed to survival shufflings).

Researcher Paul Slovic studied runners in an Oregon Marathon. He checked their training mileage and compared this to their finishing results.

- | | |
|----------------------|---------------|
| 1. Sub 3:00 | 9 miles a day |
| 2. 3:01 - 3:30 | 6 miles a day |
| 3. 3:31 - 4:00 | 5 miles a day |
| 4. 4:01 and up | 4 miles a day |

Ken Young checked the above figures and, according to him, only sub 3-hour group had adequate training. He says you must run pretty close to 9 miles a day or average of 40 - 50 miles per week.

So we are saying, "It is not a question of how fast you can run, but how much time or distance you spend running each day. In essence, you are training your body to run three to four hours and teaching it to endure discomfort and stresses.

Here is a plan of hard - easy training that has been used successfully:

- | | |
|-------------------|-----------------------------|
| Day 1 | 5 per cent of week's total |
| Day 2 | 15 per cent of week's total |
| Day 3 | 30 per cent of week's total |
| Day 4 | 5 per cent of week's total |
| Day 5 | 15 per cent of week's total |
| Day 6 and 7 | Remaining 30 per cent |

Notice the cycles: easy, medium and hard and two days unplanned. Example: 60 miles-a-week Marathon — (1) 3 miles; (2) 9 miles; (3) 18 miles; (4) 3 miles; (5) 9 miles; (6-7) total 18 miles.

It was also found that the more long runs taken, the faster the times. The average runs therefore are necessary to raise the limit of the long runs.

If you need more information, do not hesitate to call me at the Centre.



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Immigrants say "Thanks"

Reproduced below is a letter sent to the Jewish Community Centre by Victor Bergman, on behalf of his mother Svetlana, his sister Irene and himself to express their gratitude for all the help they were given for their new start in Canada. All three emigrated from the U.S.S.R. recently.

21 Chapleau Ave., #4,
Ottawa, Ontario.
K1M 1E1

December 1, 1976.

Jewish Community Centre of Ottawa,
151 Chapel Street,
Ottawa, Ontario.
K1N 7Y2

Gentlemen:

We, new immigrants from the Soviet Union, want to thank you from all our heart for your help in such a difficult situation we have found ourselves now.

You have taken care of us, supplying us with necessary furniture. We also get a financial support from the Jewish Community Centre so important for us.

You also took on your shoulders searching a job for my mother in a new country and completely new conditions for her.

From my side, I want to thank you for a financial support, which gave me an opportunity to go on with my education, which was started in the Soviet Union.

Now I am a student of Ottawa University on French Department of Faculty of Physical Education.

Closing my letter, I want to thank once again all the members of the Jewish Community who were concerned in our fate, especially Mr. Hy Hochberg, Mrs. Gittel Tatz, Mr. P. Geerts, Mrs. R. Kimmel, Mr. & Mrs. A. Levinson, Mrs. Lieff, Mr. & Mrs. Novak, Mr. C. Polowin, Mr. & Mrs. Scharczuk, Mr. & Mrs. Wurzel and many others.

Sincerely yours,

S. Belyavskaya
V. Bregman
I. Bregman

Camping Services Department of YM-YWHA and NHS of Montreal

5500 Westbury Avenue, Montreal, Quebec
announces

Western Canada Teen Trip

Co-ed for Ages 15-16

Six Weeks — departing June 29

Limited Openings for Girls
Boys' Section Full

For further information, call
Joan Levine — 514-737-6551



RESERVE

Thursday, April 21

to celebrate

Israel's 29th Anniversary

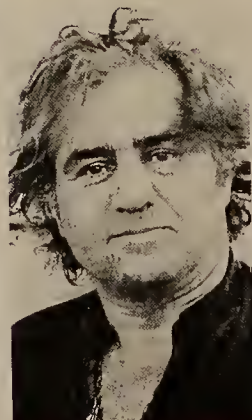
at the

Ottawa Jewish
Community Centre
151 Chapel Street

Producer: Bernard Shinder

This program is being arranged by the Women's Committee of the Ottawa Vaad Ha'Ir and its constituent organizations.
Watch this bulletin for further details.

Layton Reads Layton Mar. 22



I wasn't really cut out for it
There's been a terrible mistake
If there's an afterlife I want to
forget I ever wrote a line of poetry
I don't want to meet anyone there
Who ever took this fiddle-faddle
seriously

I want to put on gloves and spar
with a couple
Of archangels
With the Old Man himself
So that I can give him a good clip
on the ear

For Vietnam and Babi Yar
And for a couple of strictly personal scores
I'd like to settle with him

Bah, I know him
He'll send those two jakes Milton
and Dante

To argue me out of it
Or put me off with a sophism some
Jesuit taught him

Anyhow he's probably out of
condition
The last time he had a good fight
was with Job

And that's been ages ago
But, friend, shall I tell you
something

Don't laugh but I think I know how
it happened
I stumbled into poetry

He wanted me to be out of condition
too

Just in case we had a mix-up
Right here in front of his throne
After I'd asked him about Justice
and Mercy

Excerpt from "Poetry as the Fine
Art of Pugilism" published in
Lovers and Lesser Men,
(McClelland and Stewart, Toronto,
1973).

National Council of Jewish
Women, Ottawa Section, invites
everyone to a dessert luncheon on
Tuesday, March 22, at the home of
Shirley Rose, 1900 Highland
Terrace to hear Irving Layton read
selections from his latest works.
The cost is \$2.00 per person. The
luncheon begins at 1.15 p.m.
R.S.V.P. to Alice Baker at 820-3982.

Hillel Academy

announces that
enrolment for the

All-Day
Kindergarten,
1977-78

is now open

Please direct all
enquiries to Rabbi
Yaacov Kaploun at 235-
1841.

One Rabbi's Response

by

Rabbi Roy D. Tanenbaum



Question:

May one use mustard on Pesach? garlic?

Response:

European Jews do not eat mustard on Pesach (viz. M. Lesahin 2:8 and Rama O.H. 464) because mustard is a leavening agent. It is thought by many that one must not eat garlic on the same principle. However, I have found no basis in the halakhah to prohibit its use, though some authorities indicate they are familiar with such a local custom (viz. Joseph Teomim, Peri Megodim Eshul O.H. 464; and Abraham Danzig, Chaye Adam 127:7). Unless you have a strong family custom, I see no reason to refrain from its use.

Question:

May brown sugar be used on Pesach?

Response:

I see no reason why not if a new box is opened specifically for Pesach. The same applies to natural coffee, tea, salt, pepper and other sugar though powdered confectionery sugar must be ascertained to be free from starch first. Passover labels on such items are, as far as I'm concerned, a rip-off.

Question:

May cereals be used on Pesach?

Response:

Neither dry nor cooked cereals may be eaten; grains fall directly under the primary prohibitions for Pesach.

Question:

May string beans be eaten on Pesach?

Response:

Under ordinary circumstances, European Jews by custom do not eat peas, beans, corn kernel, peanuts and rice because they resemble kernels of grain, or because there is a fear grain may be mixed with them. As the string bean remains partially unformed within the pod, some who are observant do eat them. Scholars from oriental countries permit the use of all items in the bean family in accordance with Joseph Caro and Maimonides.

Question:

May rice be eaten on Pesach?

Response:

Since rice, like beans, is not one of the principal grains which are forbidden, but is prohibited on the basis of its resemblance, in extreme emergency such as national catastrophe, it has been permitted if cooked in water. Otherwise, no. (Rabbi Oshry of the Kovno Ghetto mi maamakim Vol. I p. 109; cf. Maharam Schick 241 discussing the use of rice during illness).

Question:

Is it permitted to drink whiskey on Pesach?

Response:

All liquids made from grain alcohol are forbidden. Therefore, most perfumes, toothpastes and colognes are not permitted for use during Pesach. Only wines and liquors bearing a Passover label may be used.

Question:

May corn oil be used on Pesach?

Response:

Oils and shortenings should be used only if they bear a Passover label. Other items in this category are matzah, matzah flour, noodles, candies, cakes, instant coffee, beverages, canned and processed foods, jams, jellies, relishes, dried fruit and vinegar items such as ketchup.

Question:

May baking soda be used during Pesach?

Response:

We do not.

Question:

May egg matzah be used on Pesach?

Response:

For seder, only plain unleavened bread may be used. During the rest of the week, Passover egg matzah may be eaten by the sick and elderly.

Question:

May saccharine be used during Pesach?

Response:

Saccharine crystals unmixed with other substances may be used. Aspirin, Bufferin, epsom salts, sucaryl, mineral oil and milk of magnesia also fall in this category. Contrary to popular opinion, however, all medicines are not necessarily kosher l'Pesach. When in doubt, your Rabbi should be consulted.

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Soviet Jewry Communique

The New York Times reports that Soviet Jews are being harassed at the railroad station of Chop, close to the Czechoslovak-Soviet border. Officials spill the contents of suitcases on the floor of the customs shed. A woman travelling with two coats was detained while her husband and children proceeded to Vienna. She was forced to sign a declaration that she intended to sell her second coat on the black market! Guards have also seized personal items such as divorce decrees and jewellery. A small gold locket was ripped from a woman's neck. It contained a miniature portrait of the emigrant's mother.

Amnesty International reports indicate that the Soviet Union has convicted at least 90 dissidents since signing the Helsinki Accords of 1975. New techniques of political persecution are being increasingly applied. In addition, at least 15 sane persons have been examined in mental hospitals or had been declared insane and sent to institutions since Helsinki.

"Incitement to Anti-Semitism" is the expression used by long-term Refusenik, Vladimir Slepak, in reporting on an hour-long nationwide television broadcast from Moscow on January 22. This film entitled "Traders of Souls", depicts Soviet Jewish activists as "soldiers of Zionism inside the Soviet Union" and accuses them of being "part of a Western-based anti-Soviet conspiracy".

The documentary dealt with emigration of Jews to Israel from the USSR, named a number of activists and described American and British organizations helping Soviet Jews as agents of Jewish finance. Anatole Sharansky said that in a land where anti-Semitism has always existed, "As a Jew you learn to sense it... It smells of a pogrom".

In Pursuit
of Freedom
and
Human Rights



Affirming the
Invincibility of
the Human Spirit

Naum Salansky of Vilnius remains in a serious position. The investigation commenced by local authorities should have resulted in charges being laid or dropped on February 15. Our information is that the authorities will extend unilaterally the time limit for laying charges in accordance with a rarely used section of the Criminal Code.

The appeal of Amner Zavurov

has been rejected and his sentence of three years, has been confirmed. There is hope that a further appeal will be launched to a higher court. Legal briefs are being prepared by a number of Lawyers' Communities for Soviet Jewry, both in Canada and the US.

Yakov Suslensky has completed his seven year sentence for "anti-Soviet agitation". Originally a teacher of English, Yakov is in very bad health and is being looked after by his family in Bendery.

A review has been recently submitted to the Israel Public Council for Soviet Jewry of the emigration policy of the Soviet authorities. Among many items listed, several appear of paramount importance —

a) New difficulties have been encountered by Jews awaiting documents of invitation from Israel. Persons are now waiting for a year or more before receiving the necessary affidavits required by OVIR. This seems to be the case in outlying areas such as Odessa, Kishinev, Kiev, Minsk and Novosibirsk.

b) In Moscow, OVIR officials demand evidence that the affidavits will be valid only if they are from relatives "whom you have met personally".

c) In Dushanbe, Odessa and in several other towns, applicants form long queues to hand in documents as OVIR office hours have been reduced to one to two hours per week!

Statistics now indicate that about 30 per cent of all families wishing to emigrate from the Soviet Union must be prepared to face army conscription for themselves or their children. Army service means, in most cases, refusal to grant an exit visa for as long as 7 years, on the ground of knowledge of state (military) secrets.



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Ami Hai Chosen by CJC for Eastern Tour

The Ami Hai Israeli Dance Company performed in Sherbrooke Quebec on January 22. The engagement was arranged through the Canadian Jewish Congress, and their appearance in 'Le Petite Theatre' at Sherbrooke University was the second such cultural exchange for that city.

The company was hosted by the

local Jewish community and entertained at a reception following the performance.

An invitation to perform at Laval University in Quebec city in April is now being considered by the company, as well as a tour of east coast cities — reports Sylvia Rosenes — founder-director.

Ami Hai continues to offer recreational dance for the experienced Israeli dancer on their traditional night of rehearsal — Mondays, 7.30 pm at the Jewish Community Centre.

All dancers with performing experience are invited to arrange a company audition by calling Sylvia Rosenes at 728-1390.

BB Dinner Tickets in Demand

A capacity crowd is anticipated at the annual B'nai B'rith Lodge 885 "Citizen of the Year" Dinner to be held Wednesday March 23, at the Jewish Community Centre.

The recipient of this year's award William J Sparks has given many years' time and effort to worthy charitable causes in the Ottawa area. The guest speaker at the award dinner for Mr Sparks is

The Right Honourable John Diefenbaker, a long-time friend of the honoree. Sam Iscoe is chairing the evening which begins at 6.15 p.m.

The tickets, at \$20.00 per person, are rapidly diminishing, but can still be purchased this coming week from Lou Eisenberg, Gord Viner, Syd Bosloy, or Chick Wolfe.

Sandy sez . . .

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Lou Honigman Reports

MD Marathon Successful



Taking time out from an exhilarating marathon game are, from left to right: Kevin Berman, Ian Raskin, Steven Levenson, Lou Honigman, Paul Litwack, Allen Honigman, and Mark Gencher. All proceeds went to the Muscular Dystrophy Association. Close to 100 young people helped raise \$500 for this worthy cause.

The saying "better late than never" is very appropriate in this case, as the above photograph only reached me now, and I would like to share it with you.

The idea of a Muscular Dystrophy Marathon Softball Game was originally brought to my attention by Mark and Allen Honigman. To get the "ball" rolling, Jewish boys and girls, from the ages of 12 and up, were called personally, to see if they would participate. Close to 100 answered "yes". They all turned out to Angelsea Square to "play ball".

We started at 9:00 a.m. and went through to 10:00 p.m. that night. Even though the skies were cloudy and the rain drizzled down, the boys and girls continued to play. Needless to say, a great time and a good feeling was had by each and every person there.

It was a two-fold venture as far as I was concerned. First, over \$500. was raised by Jewish youth for a very worthy community cause; secondly, a large group of

boys and girls from every area of the city got together — some met each other for the first time and many friendships have come about because of the game.

A large vote of thanks goes out to the Beth Shalom Synagogue, who were good enough to sponsor and supply T-shirts worn by the participants, the Jewish Community Centre and Ron Boro, in particular, who were kind enough to leave the Centre shower and locker room facilities open for the players to shower and change during the day. Mark and Sam Zunder and Jerry Slipacoff both supplied the great fruit refreshments for the young people. Chic and Irv Taylor furnished the soft drinks throughout. Special thanks also to the many people who contributed the donations for the Muscular Dystrophy cause.

When Ken Grant, of radio station CFRA was presented with the cheque for Muscular Dystrophy, he was also given a T-shirt on behalf of the Jewish youth of Ottawa.

Dr. Braver ends Visit

On Sunday morning, March 13 at 9:30 a.m., Dr. James Y. Braver of McGill University will deliver the final lecture of his Ottawa stay at the Young Israel of Ottawa. The theme of this lecture will be

"Science and Religion — Are They Compatible", followed by an open question and answer period. Services begin at 9:00 a.m. This program is open to the entire Jewish community.

Ladies Needed to Sew

The Ladies Division of the Ottawa Chevra Kadisha is in dire need of volunteers to assist in sewing. The Ottawa Chevra Kadisha is a unique organization wherein the holy duties are performed on a voluntary basis. Anyone who can help is asked to contact Mrs. H. Pietet at 233-7332 or Mrs. M. Woolfson at 232-8149.

Rabbi Aranov Dinner Speaker

Rabbi Saul I. Aranov will discuss "Why is this Pesach different from any other". An added attraction will be the highly acclaimed video film of the "First Annual Artur Rubinstein Piano Competition" held in Israel. The film, a delightful and witty look at Artur Rubinstein and a thoughtful study of the complex workings of a top world piano competition as it moves towards the choice of one winner out of many, is extended to the Sisterhood through the courtesy of the Canada-Israel Cultural Foundation.

For information contact the synagogue at 232-3501.

Shmurah Matzah Available Now

This year hand made Shmurah Matzah can be purchased at the Young Israel. Shmurah Literally means "watched". The wheat is watched from the time of harvesting until the final baking to insure that no water, heat or other natural processes cause it to begin fermentation. It is hand-made, constantly observed, and the utensils used for making it are washed every eighteen minutes (time when fermentation begins, hence the time of Chometz). Even if one does not eat Shmurah Matzahs throughout Pesach one should at least have them for the Seder for the entire family. This is being done as a community service and supply is limited — please call 722-8394 or 722-5029 evenings.

Pre-Pesach Melaveh Malkah

On Saturday, March 19 at 8:15 p.m., a Melaveh Malkah program, entitled "All you've wanted to know about Pesach and were afraid to ask" will take place at the Young Israel. An open forum will be led by Rabbi Mordecai Berger concerning the various laws, customs and traditions of passover.

Refreshments will be served together with an entertaining movie. The entire Jewish Community is welcome. For further information please call the office 722-8394.

Launch Teen Interfaith Seder

"Freedom and Responsibility, Past, Present and Future" is the theme of a teen interfaith seder which will be held Sunday evening, March 27, 6:30 p.m. at Agudath Israel Synagogue, 1400 Coldrey Avenue.

Pesach and the Seder present Judaism at its best, and provide a logical link to the minds of Christians who know the seder as preserved in the ritual of the mass. This seder, to be led by the participants, will attempt to explain

Judaism and Israel to non-Jewish teens in Ottawa.

All teenagers and Jewish youth groups in the city are invited to attend. The full ritual will be included, and a dessert will be served at no charge.

This is a teaching and learning experience. Those interested in taking part in the seder, and those wishing to bring a non-Jewish friend, are asked to contact Dr. David or Linda Nozick, 224-7092, or Steve or Chris Shugar, 234-7865.

MacDonald at Temple Israel

A community-wide invitation to the ladies of Ottawa is being extended by Temple Israel Sisterhood to attend a light supper on Tuesday March 15, at 7:30 p.m. Temple Israel Sisterhood will be honoured at that time, to welcome their guest speaker, Flora MacDonald, Member of

Parliament (P.C.).

The meeting will take place at Temple Israel 1301 Prince of Wales Drive. There will be a minimal charge of \$2 per person for a dairy supper.

To R.S.V.P. call Ellen Asherman at 824-7673.

Home Study Series Continues

The fourth evening of the Agudath Israel Sisterhood's six-week home study series on Jewish home observance will be held Wednesday, March 16, 8:30 p.m. at the home of Laurie and Steve Gordon, 1291 Lampman Crescent.

The fifth evening, March 23, will be held at the home of Sheila and Larry Hartman, 7 Cowichan Way.

The last evening, March 30, will be held at the home of Carol and

Herh Pearl, 27 Nanaimo Drive.

Anyone interested in learning advanced kashruth, life cycle celebration and holiday home observance is welcome. This course is a follow-through to last year's very successful series. Come as singles or as couples, for one or more sessions.

For more information call Loretta at 723-1843.

Young Adults Matzah Ball

Young Adults invites everyone to a Matzah Ball at the Montefiore Club, 153 Gilmour Street, on Saturday, March 26, at 9:00 p.m. Admission is \$2.00 and the first

drink is free. First-timers are admitted free. For information call Phil at 749-7235 or Abe Nadrich at 232-7306.

Agudath Israel Third Annual Seder

SUNDAY, APRIL 3
6:45 p.m. — 10:30 p.m.
(Second Night)

Agudath Israel Third Annual Seder

This Seder is designed for family participation:

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Songs



Prizes

Games for Children
and

Full Meal

Sitter service after the meal for tiny tots

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\$ 6.00 per Child under 12 years

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